

Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program



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**Connecticut State Department of Education
Office of Child Nutrition
25 Industrial Park Road
Middletown, CT 06457**

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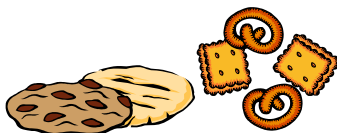
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Introduction

Guidance for Crediting Cookies, Crackers and Cereals in the Crediting Cookies, Crackers and Cereals in the After-School Snack Program assists sponsors in determining whether purchased cookies, crackers and cereals meet the grain/bread component of the After-School Snack Program meal pattern. The guide provides crediting criteria for cookies, crackers and cereals (including nutrition requirements and minimum serving sizes), and information on how to determine whether a product is creditable.

Crediting lists for each group specify serving sizes and nutrition information for an extensive variety of products. These lists should be used by all sponsors when determining which cookies, crackers and cereals to purchase. Each crediting list is arranged alphabetically by the name of the product. The product manufacturer is indicated in italics following the product name.

Cookies and Crackers



The list of cookies also includes granola bars, grain fruit bars and cereal bars. The list of crackers also includes pretzels, rice cakes and bread sticks. The product lists indicate whether a cookie or cracker is creditable as the grain/bread component in the After-School Snack Program meal pattern. For creditable products, the required serving sizes vary tremendously, depending on the type and brand of the product served. *It is important that programs take the time to review the lists for the appropriate serving size of all items used.*

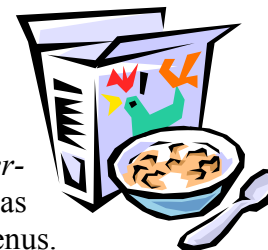
For each creditable cookie and cracker, the lists translate the minimum serving weights for the After-School Snack Program (pages 5-6) into the **minimum number** of cookies or crackers which must be served to meet requirements. On the crediting lists for cookies and crackers, manufacturer's serving information is listed in the middle column. The right column lists the minimum serving size (number of cookies or crackers) needed to meet the After-School Snack Program meal pattern requirements.

Products listed as noncreditable do not meet the criteria for grains/breads, as identified on pages 3-6. Products are not recommended (indicated by "NR") when whole-grain or enriched flour is not the first ingredient on a label. When other ingredients such as chocolate or sugar are listed first, it is difficult to ensure that a sufficient quantity of grain/bread is provided in the serving size.

While many cookies and crackers meet the requirements for the grain/bread component, some are better choices nutritionally than others. To help programs make more nutritious choices, the crediting lists include the amount of fat, sugar and sodium per manufacturer's serving size. When choosing cookies and crackers, look for those brands that are lower in fat, sugar and sodium. *(Note: To determine the actual amount of fat, sugar and sodium in a serving size for the After-School Snack Program, the total fat, sugar and sodium must be divided by the number of cookies or crackers per manufacturer's serving. This number must then be multiplied by the number of cookies or crackers in the After-School Snack Program serving size.)*

Cereals

Within each age group of the After-School Snack Program meal pattern, the serving size for hot and cold cereals is consistent, regardless of the type or brand of cereal served (see Group H and Group I on page 6). However, many cereals are high in sugar and low in complex carbohydrates and other nutrients. *Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program* includes information on the sugar content of cereals, as well as guidance on incorporating more nutritious cereal choices in snack menus.



Addition of New Items to the Product Lists

Guidance for Crediting Cookies, Crackers and Cereals in the After-School Snack Program provides information on an extensive variety of products, however the lists are not all inclusive. For items not listed, sponsors should determine whether the product is creditable, and the appropriate serving size for the After-School Snack Program, using the minimum serving sizes indicated on pages 5-6 and the “Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program” (page 10). Directions for determining whether a product is creditable and a sample completed worksheet are found on pages 8-9.

Information for new products should be added to the program’s list of creditable items. At the end of each product list (cookies, crackers and cereals), a blank page is provided for new items to be added.

Updates of Product Lists

The Office of Child Nutrition periodically updates the lists of cookies, crackers and cereals. For new items not previously listed, please send a copy of the completed “Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program” (page 10) with the label from the product package to the Office of Child Nutrition at the following address:

Office of Child Nutrition
Connecticut State Department of Education
25 Industrial Park Road
Middletown, CT 06457

Additional information on crediting grain/bread items is provided in the Office of Child Nutrition’s *Nutrition Policies and Guidance for the After-School Snack Program*. Questions regarding the crediting of cookies, crackers or cereals may be directed to the Office of Child Nutrition at (860) 807-2075.

Criteria for Crediting Cookies, Crackers and Cereals

To be creditable in the After-School Snack Program, all cookies, crackers and cereals must meet the three criteria specified below. Additional crediting considerations specific to each group are indicated on the page in front of the crediting lists.

1. **The product must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal (e.g., oats, barley, cornmeal or grits, bulgur or cracked wheat), the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.**

- **Whole-grain** flours and cereals are products made from whole grains, and have not had any nutrients removed during processing. They contain the germ, endosperm and bran of the whole kernel of grain. The germ is the sprouting section of the kernel and is rich in vitamins and minerals. The endosperm is the soft, white inside portion of the kernel, containing starch and protein. The bran is a protective coating around the kernel which is rich in nutrients and fiber. Whole-grain products are nutrient rich as they have been milled in their entirety (including the germ, endosperm and bran) and only the dry outermost layer of husk (chaff) has been removed.



When a kernel of whole grain is refined or milled, the germ and the bran are removed leaving the endosperm. The resulting refined product does not have the nutrients found in the germ and bran. The addition of nutrients to a refined product replaces some but not all of the lost nutrients. This process is called enrichment (see below). Refined products that have not been enriched may **not** be used to meet the grain/bread component in Child Nutrition Programs.

Products may or may not be whole grain, depending on how they have been refined. For example, a product listing “rice” as the first ingredient is not whole grain, while a product listing “whole-grain brown rice” is whole-grain. The chart on the next page indicates examples of terms which indicate a whole-grain or enriched product.

- **“Enriched”** means that some of the nutrients removed during the refining of the grain are added back. A product can be enriched because it uses some type of enriched flour (e.g., bread products), or in the case of many cereals, because the nutrients are added during refining or preparation. The ingredient list on the product label may not specify “enriched” or “whole grain,” but may simply list a grain, e.g., “wheat flour.”

Not all refined products are enriched, so it is important to check product labels. For example, when corn is processed into corn meal, the germ of the grain is removed. Unless the product indicates “enriched corn meal,” or lists iron, thiamin, riboflavin, niacin and folic acid in the ingredients, the product cannot be assumed to be enriched.



Crediting Requirements



To verify that a product is enriched, look at the label for either:

- (1) the term “enriched,” e.g., enriched flour; or
- (2) the enrichment nutrients (iron, thiamin, riboflavin, niacin, folic acid) on the ingredient list. There are several different names for these nutrients, so look for the following: iron (or reduced iron, ferrous sulfate); thiamin (or thiamin mononitrate, thiamin hydrochloride, vitamin B₁); riboflavin (vitamin B₂); niacin (or niacinamide); and folic acid or folate. If iron and these vitamins are listed, this indicates that the product is enriched and is therefore creditable in the After-School Snack Program.



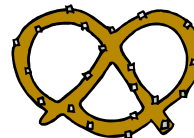
2. The label must indicate that the product is enriched or whole-grain, made from enriched or whole-grain meal or flour, as well as bran and/or germ; or fortified.

To be creditable, grain/bread products must be whole grain, enriched, bran or germ, or be made with these ingredients. This must be specified on the label in the list of ingredients. Products listing a whole grain as the first ingredient, e.g., whole wheat or whole oats, provide the largest variety of nutrients. The chart below provides assistance with determining whether a cereal product is whole grain or enriched. If the label contains any of the terms in the “Acceptable” column, it meets the requirements for the grain/bread component.

Terms Indicating a Product is Whole Grain or Enriched	
Acceptable	Not Acceptable
<p>Whole Grain, Bran and Germ</p> <ul style="list-style-type: none"> • whole-wheat flour • whole wheat • whole grain wheat • whole grain brown rice • whole grain corn, whole ground corn • whole oats, whole grain oats, rolled oats • oat bran/wheat bran • wheat germ  <p>Enriched</p> <ul style="list-style-type: none"> • enriched wheat flour • unbleached enriched wheat flour • puffed wheat enriched with....(<i>nutrients listed</i>) • enriched rice • puffed rice enriched with...(<i>nutrients listed</i>) • enriched corn meal • enriched yellow corn meal • enriched corn grits • enriched corn flour • enriched oat flour 	<p>Not Whole Grain</p> <ul style="list-style-type: none"> • wheat flour • wheat • wheat/milled wheat • rice/milled rice • corn/milled corn • degerminated corn • ground corn • oats • barley • rye <p>Not Enriched</p> <ul style="list-style-type: none"> • wheat flour • unbleached wheat flour • puffed wheat • rice • puffed rice • corn meal • yellow corn meal • corn grits • corn flour • oat flour

3. The product must provide the minimum required After-School Snack Program serving sizes.

The serving size of cookies, crackers and cereals is based on a minimum weight of a product made with whole-grain or enriched flour or meal, and/or bran or germ. The serving size varies, depending on the type of product and the group it belongs to, as defined by U.S. Department of Agriculture regulations. The minimum serving sizes for each group of cookies, crackers and cereals is listed below.



NOTE: This chart is adapted from “Serving Sizes for Grains/Breads in the After-School Snack Program” and only includes cookies, crackers and cereals. To determine the minimum serving size of other grain/bread items, consult “Serving Sizes for Grains/Breads in the After-School Snack Program” in *Nutrition Policies and Guidance for the After-School Snack Program*.

Minimum Serving Sizes for Cookies, Crackers and Cereals¹	
Group A	Minimum Serving Size for Group A
Crackers <ul style="list-style-type: none"> • Saltines • Snack crackers • Hard pretzels • Hard bread sticks 	Ages 6-18 (1 serving) = 20 grams (0.7 oz) Ages 3-5 (½ serving) = 10 grams (0.4 oz)
Group B	Minimum Serving Size for Group B
Crackers <ul style="list-style-type: none"> • Graham crackers (all flavors and shapes, except chocolate covered) • Animal crackers (all flavors and shapes) 	Ages 6-18 (1 serving) = 25 grams (0.9 oz) Ages 3-5 (½ serving) = 13 grams (0.5 oz)
Group C	Minimum Serving Size for Group C
Cookies <ul style="list-style-type: none"> • Cookies, plain² Crackers <ul style="list-style-type: none"> • Filled sandwich crackers (e.g., cheese, peanut butter) • Frosted animal crackers 	Ages 6-18 (1 serving) = 31 grams (1.1 oz) Ages 3-5 (½ serving) = 16 grams (0.6 oz)
Group D	Minimum Serving Size for Group D
Cookies <ul style="list-style-type: none"> • Granola Bars, plain³ 	Ages 6-18 (1 serving) = 50 grams (1.8 oz) Ages 3-5 (½ serving) = 25 grams (0.9 oz)
¹ Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. ² Allowed only for supplements (snacks). ³ Allowed only for supplements (snacks) and breakfasts.	

Minimum Serving Sizes for Cookies, Crackers and Cereals ¹ , continued	
Group E	Minimum Serving Size for Group E
Cookies <ul style="list-style-type: none"> • Cookies with fillings or coverings, nuts, raisins, chocolate pieces and/or fruit purees² • Chocolate Covered Grahams² • Grain fruit bars³ • Granola bars with nuts, raisins, chocolate pieces and/or fruit³ 	Ages 6-18 (1 serving) = 63 grams (2.2 oz) Ages 3-5 (½ serving) = 31 grams (1.1 oz)
Group H	Minimum Serving Size for Group H
Cereals <ul style="list-style-type: none"> • Breakfast cereals (cooked)⁴ 	Ages 6-18: (1 serving) = ½ cup cooked (or 25 grams dry) Ages 3-5 (½ serving) = ¼ cup cooked (or 13 grams dry)
Group I	Minimum Serving Size for Group I
Crackers <ul style="list-style-type: none"> • Rice cakes Cereals <ul style="list-style-type: none"> • Ready-to-eat breakfast cereal (cold dry)⁴ 	Ages 6-18 (1 serving) = 28 grams (1 oz) Ages 3-5 (½ serving) = 14 grams (0.5 oz) Ages 6-18 (1 serving) = ¾ cup or 1 oz, whichever is less Ages 3-5 (½ serving) = ⅓ cup or ½ oz, whichever is less
¹ Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. ² Allowed only for supplements (snacks). ³ Allowed only for supplements (snacks) and breakfasts. ⁴ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.	

Adapted from “Serving Sizes for Grains/Breads in the After-School Snack Program.” Source: USDA Food and Nutrition Services Instruction 783-1, Rev. 2, Exhibit A, January 8, 1997



Determining Whether a Product is Creditable in the After-School Snack Program

The “Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program” (page 10) allows programs to determine if purchased cookies and crackers are creditable, and the appropriate serving size. A sample completed worksheet for ginger snap cookies (see product label below) is found on page 9.

Check serving size for **weight** (in grams), e.g., 33 grams, and **number of pieces**, e.g., 3.

Stop & Shop Ginger Snaps

Nutrition Facts

Serving Size: Approximately 3 cookies (33g)

Servings Per Container: About 15

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0.5 g	3%
Cholesterol 0 mg	0%
Sodium 120 mg	5%
Total Carbohydrate 26 g	9%
Dietary Fiber Less Than 1 g	4%
Sugars 11 g	
Protein 2 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR, SUGAR, UNSULPHURED MOLASSES, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OILS), SALT, GINGER, BAKING SODA.

Check the list of ingredients for **terms** indicating that the product is whole-grain or enriched, e.g., “enriched flour.”

Determining Whether a Product is Creditable in the After-School Snack Program, continued

Step 1: Verify that product contains whole-grain or enriched flour or meal, bran and/or germ.

Check the ingredient list. If the product does not contain whole-grain or enriched flour or meal, bran and/or germ, it is not creditable. To help determine whether a product meets this requirement, see the definitions and examples of whole grain and enriched products (pages 3-4).

Ginger Snap Example: The label indicates that enriched flour is the first ingredient.

Step 2: Manufacturer's serving size information.

From the Nutrition Facts label, determine the weight of **one item**.

- A. **Serving Size: Number of Pieces** – Fill in the number of items per serving, as indicated on the product's label.

Ginger Snap Example: The label indicates the serving size is 3 cookies.

- B. **Weight in grams (g)** – Fill in the weight in grams of a serving, as indicated on the product's label.

Ginger Snap Example: The label indicates the weight of a serving is 33 grams.

- C. **Weight in grams (g) per item** – Divide the weight in grams (g) from B by the number of items from A. This indicates the weight of **one item** in grams.

Ginger Snap Example: 33 grams divided by 3 cookies = 11 grams per cookie.

Step 3: Determining After-School Snack Program serving size information

- A. Determine the minimum required serving size for the After-School Snack Program by reviewing “Minimum Serving Sizes for Cookies, Crackers and Cereals” (pages 5-6) for the appropriate group.

Ginger Snap Example: Plain cookies are found in Group C. A serving for Group C is 16 grams for ages 3-5 and 31 grams for ages 6-18.

- B. Divide the required weight of the grain/bread serving (from 3A) by the weight per item as determined in Step 2C. **Round up** to the nearest whole number.

Ginger Snap Example:

***Ages 3-5:** 16 grams divided by 11 grams per cookie equals 1.45 cookies per serving. Round up to 2 cookies.*

***Ages 6-18:** 31 grams divided by 11 grams per cookie equals 2.8 cookies per serving. Round up to 3 cookies.*

Sample Completed Worksheet for Ginger Snap Cookies

Worksheet for Crediting Purchased Grains/Breads
in the After-School Snack ProgramName of Product: Ginger Snaps Manufacturer: Stop & Shop**1. Verify product is made from whole-grain or enriched flour or meal, bran or germ.**To be creditable as a grain/bread, the product must contain whole-grain or enriched flour or meal, bran or germ. This product contains (*Check All That Apply*):☒ Enriched or whole-grain flour or meal (specify type): Enriched Flour☐ Bran ☐ Germ ☐ Cornmeal ☐ Oats ☐ Other (specify): _____**2. Manufacturer's Serving Size Information**

(Located under "Nutrition Facts" label on product box. Use a calculator for all calculations.)

A. Serving Size (Number of Pieces): 3 B. Weight in grams (g): 33C. Weight (B) ÷ Number of pieces (A) = 11 Weight in grams (g) per piece**3. Determining After-School Snack Program Serving Size Information****A. Determine where the grain/bread product belongs in "Serving Sizes for Grains/Breads in the After-School Snack Program" by reviewing the list of foods. Indicate the appropriate weight for each serving.**In "Serving Sizes for Grains/
Breads in the After-School
Snack Program," the
product is found in Group: CAges 3-5:
½ serving = 16 gramsAges 6-18:
1 serving = 31 grams**B. Divide the required weight of the grain/bread serving (see Step 3A above) by the weight per piece as determined in Step 2C.**

	Ages 3-5	Ages 6-18
1. Required weight of serving (from Step 3A above):	<u>16</u> grams	<u>31</u> grams
2. Weight per piece (from Step 2C):	<u>11</u> grams	<u>11</u> grams
3. Number of pieces per serving*: #3B1 (required weight) divided by #3B2 (weight per piece)	<u>1.45</u> pieces	<u>2.82</u> pieces

C. *Round up this number to the nearest whole number and indicate in D below. This is the number of pieces that must be served to meet requirements.

	Ages 3-5	Ages 6-18
D. After-School Snack Program Serving Size:	<u>2</u> pieces	<u>3</u> pieces

Note: Dessert-type items (e.g., cookies, cake) may not be served at snack more than two times per week.

Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program

Name of Product: _____ Manufacturer: _____

1. Verify product is made from whole-grain or enriched flour or meal, bran or germ.

To be creditable as a grain/bread, the product must contain whole-grain or enriched flour or meal, bran or germ. This product contains (*Check All That Apply*):

☐ Enriched or whole-grain flour or meal (**specify type**): _____

☐ Bran ☐ Germ ☐ Cornmeal ☐ Oats ☐ Other (**specify**): _____

2. Manufacturer's Serving Size Information

(Located under "Nutrition Facts" label on product box. Use a calculator for all calculations.)

A. Serving Size (Number of Pieces): _____ B. Weight in grams (g): _____

C. Weight (B) ÷ Number of pieces (A) = _____ Weight in grams (g) per piece

3. Determining After-School Snack Program Serving Size Information

A. Determine where the grain/bread product belongs in "*Serving Sizes for Grains/Breads in the After-School Snack Program*" by reviewing the list of foods. Indicate the appropriate weight for each serving.

In "*Serving Sizes for Grains/Breads in the After-School Snack Program*," the product is found in Group: _____

Ages 3-5:
½ serving = _____ grams

Ages 6-18:
1 serving = _____ grams

B. Divide the required weight of the grain/bread serving (see Step 3A above) by the weight per piece as determined in Step 2C.

	Ages 3-5	Ages 6-18
4. Required weight of serving (from Step 3A above):	_____ grams	_____ grams
5. Weight per piece (from Step 2C):	_____ grams	_____ grams
6. Number of pieces per serving*: #3B1 (required weight) divided by #3B2 (weight per piece)	_____ pieces	_____ pieces

C. *Round up this number to the nearest whole number and indicate in D below. *This is the number of pieces that must be served to meet requirements.*

	Ages 3-5	Ages 6-18
D. After-School Snack Program Serving Size:	_____ pieces	_____ pieces

Note: Dessert-type items (e.g., cookies, cake) may not be served at snack more than two times per week.

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For questions or additional information regarding the content of this guide,
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